

improve

your conditioning



master your

skills

With these sessions you will work on a half hour of total body conditioning geared toward racquetball with Level 4 Trainer, Jamie DeFouw, along with a half hour of racquetball skill work and development with certified Am Pro instructor, Trish Beatty.

For more information contact Jamie DeFouw.



West Allis

1939 S 108th Street

414.321.2500

www.thewac.com

